

Gilda's Club South Jersey

calendar of free events






Clubhouse (609) 926-2699

Gilda's Club at AtlantiCare (609) 407-4788

NOVEMBER 2019

www.gildasclubsouthjersey.org

WHITE= The Clubhouse 700 New Road Linwood, NJ 08221	YELLOW= GCSJ at AtlantiCare, Building 400 2500 English Creek Ave Egg Harbor Twp., NJ 08234	BLUE= HOPE Community Center, Suite 100 211 N. Main St. Cape May Court House, 08210	GREEN= GCSJ 1400 Atlantic Ave. Atlantic City, 08410	
Monday	Tuesday	Wednesday	Thursday	F/S/Sun
	    			1 2 3
4 6:00 PM—Volunteer Training 10:00 AM—Sea Glass Jewelry Making with Carol - Dr. Stella Conf. Room	5 11:00 AM—New Member Meeting 12:15 PM—Pilates with Helen 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Tween & Teen Night 6:00 PM—Wellness Group 9:30 AM—New Member Meeting 10:00 AM—Wellness Group 10:00 AM—Gilda's Club in Atlantic City	6 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 10:00 AM—Wellness Group 12:15 PM—Frankly Speaking About Cancer: Immunotherapy	7 9:30 AM—Flowing Yoga with Susan 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 6:00 PM—Noogie Night - Grief Busters 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	8 9 10
11 5:00 PM—Movie Night & Potluck Snacks - "Julie & Julia"  10:30 AM—NEW - Brunch & Learn: "Ask the Insurance Expert" about Updates in Medical Insurance Coverage	12 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Tween & Teen Night 6:00 PM—Wellness Group 9:30 AM—Reiki with Jen 11:00 AM—Chit-Chat N' Craft with Deb 10:00 AM—Gilda's Club in Atlantic City	13 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 5:00 PM—New Member Meeting 6:00 PM—"Ask the Nurse" - Dispelling Myths About Hospice 6:00 PM—Reiki with Charlie & Deb 10:00 AM—Wellness Group 12:00 PM—"Friendsgiving" Pie Party/ Potluck! 4:00 PM—AtlantiCare Ostomy Support Group, Building 200/250	14 9:30 AM—Flowing Yoga with Susan 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 6:00 PM—Noogie Night - Grief Busters 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	15 16 17 11:00 AM—Let's Do Brunch 2019
18 4:30 PM—Introduction to Scrapbooking with Deb 6:00 PM— Men's Night! - Sponsored by Holy Redeemer 10:00 AM—New Member Meeting 5:00 PM—AtlantiCare's Breast Cancer Support Group-NEW TIME	19 11:00 AM—Meditation & Yoga with Sally 12:15 PM—Pilates with Helen 1:30 PM—Volunteer Training 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Tween & Teen Night 6:00 PM—Wellness Group 10:00 AM—"Bohemian Heart Beads" Beginner's Earring & Bracelet Workshop with Kathy Pinto 9:30 AM—New Member Meeting 10:00 AM—Wellness Group 10:00 AM—Gilda's Club in Atlantic City	20 9:30 AM—Chair Yoga & Mindfulness to Manage Stress with Naida 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 5:00 PM—Reiki with Carlo 6:00 PM—Frankly Speaking About Cancer - Precision Medicine 10:00 AM—Wellness Group 2:00 PM—"Preparing for Radiation Therapy" presented by AtlantiCare Cancer Care Institute 4:30 PM—"Preparing for Chemotherapy" presented by AtlantiCare Cancer Care Institute	21 9:30 AM—Flowing Yoga with Susan 1:00 PM—Understanding Loss 2:00 PM—New Member Meeting 6:00 PM—Living with Loss 6:00 PM—Noogie Night - Grief Busters 6:00 PM—Young Adults Living with Loss 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	22 23 24
25 11:00 AM—Book Club & Bag Lunch with Susan Women's Night! 4:00 PM—Breast Cancer Support Group 4:00 PM—Gynecological Cancers Support Group 5:30 PM—Women's Night Supper & Social: Sponsored by Holy Redeemer 6:30 PM—"Ask the Physical Therapist" - Recovery After Breast and Gynecological Cancer Treatments 	26 12:15 PM—Pilates with Helen 4:00 PM—New Member Meeting 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Tween & Teen Night 6:00 PM—Wellness Group 10:00 AM—Gilda's Club in Atlantic City	27 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 10:00 AM—Wellness Group 	28 Closed for Thanksgiving 	29 Closed for Thanksgiving  30 